

# Yummy Chicken Balls

Maxy and Lewis love to have pitta breads instead of boring sandwiches in their packed lunch. These chicken balls are just as good whether eaten hot or cold, and can be served in pitta breads with some salad.



## Ingredients

- 1 large granny smith apple, peeled and grated
- 2 large chicken breasts, cut into chunks
- 1 onion, peeled and finely chopped
- 1 tbsp chopped parsley
- 1 tsp fresh or ½ tsp dried thyme
- 50g wholemeal breadcrumbs (use 2 or 3 slices of bread, remove the crusts and whiz in a food processor)

- 1 chicken stock cube, dissolved in 1 tbsp boiling water
- Black pepper
- Flour for coating

## METHOD

1. Using your hands, squeeze out the excess liquid from the grated apple
2. Mix the apple with the chicken, onion, parsley, thyme, breadcrumbs and dissolved stock cube, and roughly chop in a food processor for a few seconds. Season with black pepper
3. With your hands, form the mixture into about 20 balls, lightly roll in flour, and grill until cooked through

**TOP TIPS** All lunchboxes should contain a starchy food such as bread, pasta or rice. These foods are healthy, as they help to fill-you-up and give you energy. Choosing wholemeal or wholegrain varieties is even better as they supply more vitamins and fibre, and the energy is slower to be released, so keeps you going for longer. The switch from white to wholemeal varieties can be slow with some children, as they may not like the taste at first. Try making a sandwich from one slice of each to start with.

The "Best of Both" brands are a step in the right direction, but are not as healthy as the whole-grain varieties

Just varying the breads used in your child's lunchbox can make it more interesting. Try

- Rolls • Bagels • Tortilla wraps • Baguette
- Pitta breads • Wholegrain crackers
- Pasta salads • Rice salads
- Cous cous salads • Bean salads



- Wholemeal pitta bread with chicken balls and salad
- Bunch of grapes
- Fruit yoghurt
- Box of raisins
- Carton of milk

**EAT AS PART OF YOUR LUNCH**

# FEBRUARY 2008

fri 1	_____	sat 16	_____
sat 2	_____	sun 17	_____
sun 3	_____	mon 18	_____
mon 4	_____	tue 19	_____
tue 5	_____	wed 20	_____
wed 6	_____	thur 21	_____
thur 7	_____	fri 22	_____
fri 8	_____	sat 23	_____
sat 9	_____	sun 24	_____
sun 10	_____	mon 25	_____
mon 11	_____	tue 26	_____
tue 12	_____	wed 27	_____
wed 13	_____	thur 28	_____
thur 14	_____	fri 29	_____
fri 15	_____		